

KETER

(Sefirah of white light at crown of head, right hand touches crown)

Hazzan:

One Reality, the Crown of Existence!

אחת – Akhat!

(One)

Kahal:

רוח אלהים חיים – Ruakh Elohim Hayim

(Spirit of the Living Divine)

Hazzan:

הוא אלהינו אין עוד – Hu Eloheinu Ayn Od

(It is our Divinity, there is Nothing Else)

Kahal:

יגדל אלהים חי וישתבח, נמצא אין עת אל מציאותו
אחד ואין יחיד כיהודו, נעלם וגם אין סוף לאחדותו

Yigdal Elohim Hai v'yishtabakh

Nimtza v'ayn et el mitziyuto

Ekhad v'ayn yakhid k'Yikhudo

Nelam V'gam Ayn Sof l'Akhduto

*(Exalted is the Divine Life and praised
Existence Itself, and there is no time to Its Existence
It is One, and there is no unity like Its Oneness
Hidden and Infinite is Its Oneness!)*

א

ALEPH

Hazzan:

Open to joy and sorrow as the One Consciousness that I am!

(Drawing down light from the crown into heart)

אֱלֹהֵי הַמֶּלֶךְ וְאַבְרָכָה שְׁמֶךָ לְעוֹלָם וָעֶד

Aromimkha Elohai HaMelekh, va'avarkha Shimkha le'olam va'ed

*(I will exalt You, my Divinity, the Sovereign,
and I will bless Your Name forever and ever.)*

Kahal:

אֵין לוֹ דְמוּת הַגּוּף וְאֵינוּ גּוּף, לֹא נִעְרַף אֱלֹהֵי קְדוּשָׁתוֹ
קְדָמוֹן לְכֹל דָּבָר אֲשֶׁר נִבְרָא, רִאשׁוֹן וְאֵין רִאשִׁית לְרִאשִׁיתוֹ

**Ayn lo d'mut haguf v'ayno guf
Lo na'arokh eilav kedushato
Kadmon l'khol davar asher nivra
Rishon v'ayn reishet l'reisheeto**

*(It has no form of a body and It has no body
Its Holiness is beyond comparison
Before all things that were created
The First, and there is no beginning to Its Beginning)*

MALKHUT

(Sefirah of blue/earth colors at feet)

Hazzan:

Your Presence dwells as the essence of all things!

שְׁתַּיִם – Sh'tayim!

(Two)

Kahal:

רוּחַ מְרוּחַ

Ruakh MeRuakh

(Spirit from Spirit)

Hazzan:

אֱמֶת מַלְכֵינוּ אֶפֶס זִוְלָתוֹ – Emet Malkeinu, Efes Zulato

(Truth is Sovereign, there is Nothing except It)

Kahal:

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטֶרֶם כֹּל יִצְיֵר נִבְרָא

לֵעֵת נַעֲשֶׂה בְּחֶפְצוֹ כֹּל, אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא

וְאַחֲרַי כְּכֹלֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא

וְהוּא הָיָה וְהוּא הוֹה, וְהוּא יִהְיֶה בְּתִפְאָרָה

(Hino)

Adon Olam asher malakh b'terem kol y'tzir nivra

L'eit na'asah v'heftzo kol, azai Melekh Sh'mo nikra

V'akharei kikhlot hakol, l'vado yimlokh nora

V'hu hayah, v'hu hoveh, v'hu yiyeh b'Tifarah

(Master of the Universe Who reigned before any form was created

At the time when It willed to create everything, Its Name was called King

After all has ceased, alone It will reign

It was, It is, It will be in Splendor)

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעֵז וְהַמְשִׁרָה
וְהוּא אֱלֹהֵי וְחֵי גּוֹאֲלִי, וְצוּר חֻבְלֵי בַּעַת צָרָה
וְהוּא נְסִי וּמָנוֹס לִי, מְנַת כּוֹסֵי בְיוֹם אֶקְרָא

**V’Hu Ekhad, v’ayn sheini, L’hamshil lo l’hakhbirah
B’li reisheet, b’li takhlit, v’lo ha’oz v’hamisrah
V’Hu Eili, v’Khai Go’ali, v’Tzur khevli b’eit tzarah
V’Hu nisi, umanos li, m’nat kosi b’yom ekra**

*(It is One, and there is no second to compare
Without beginning, without end, the Power and Dominion
My God, my Living Redeemer, the Rock of my destiny in times of distress
My banner and my refuge; The Portion of my cup on the day I call.)*

בְּיָדוֹ אֶפְקִיד רוּחִי, בַּעַת אִישׁוֹן וְאֶעֱרָה
וְעִם רוּחִי גְוִיָּתִי, יִי לִי וְלֹא אִירָא

**B’Yado afkid rukhi, b’eit Ishan v’a’irah
V’im rukhi g’viyati, Adonai li v’lo ira!**

*(Into Its hand I entrust my spirit at the time of sleep, and I awaken
And with my spirit is my body – the Divine is with me – I shall not fear!)*

ב

BET

Hazzan:

Welcoming Your Presence in the Temple of this moment!

בְּכֹל-יוֹם אֲבָרְכֶךָ וְאֶהְלֶלְהָ שְׁמֶךָ לְעוֹלָם וָעֶד

B'khol yom avarkhekha, va'ahal'lah shimkha le'olam va'ed

(Every day I will bless You, and I will praise Your Name forever and ever)

Kahal:

מָה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל

Mah tovu ohalekha Ya'akov, mishkenotekha Yisrael

(How good are your tents, O Jacob, your dwelling places, Israel!)

Hazzan:

וְאֲנִי בְּרַב חֶסֶדְךָ אָבוֹא בֵּיתְךָ אֲשַׁתְּחֶנּוּ אֶל הַיְכָל־קֹדֶשְׁךָ בִּירְאָתְךָ: יי אֶהְבְּתִי מְעוֹן
בֵּיתְךָ וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ: וְאֲנִי אֲשַׁתְּחֶנּוּ וְאֶכְרַעָה אֲבָרְכָה לְפָנֶי יי עֲשֵׂי:

V'ani b'rov Hasd'kha avo veitekha; eshtakhaveh el heikhal kodsh'kha
b'yiratekha. Adonai ahavti m'on beitekha um'kom mishkan k'vodekha.

Va'ani eshtakhaveh v'ekhra'ah, evr'khah lifnei Adonai osi.

(As for me, through Your abundant kindness I will enter Your House; I will prostrate myself toward Your Holy Sanctuary in awe of You. Hashem, I love the Dwelling, Your House, and the place where Your Glory resides. I will prostrate myself, and bow, I will kneel before the Divine, my Maker.)

Kahal:

וְאֲנִי תְפִלְתִּי־לְךָ יי עֵת רָצוֹן אֱלֹקִים בְּרַב־חֶסֶדְךָ עֲנֵנִי בְּאֵמֶת יִשְׁעֶךָ
**Va'ani tefilati l'kha Adonai eit ratzon, Elohim b'rov
Hasdekha, aneini, aneini, b'emet yishekha**

(May my prayer to You, Hashem, be at a favorable time; Elohim, in the abundance of Your Kindness answer me with the truth of Your Salvation!)

HOKHMAH

(Sefirah of dark blue/ocean colors in right skull)

Hazzan:

Filling and Transcending All Form!

שלש – Shalosh!

(Three)

Kahal:

מים מרוח – *Mayim MeRuakh*

(Water from Spirit)

Hazzan:

לְשֵׁם יְחִוּד קוּדְשָׁא בְּרִיךְ הוּא

L'Shem Yikhud Kudsha Brikh Hu

(For the sake of unifying the Blessed Holy One)

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחֻכְמָה וּבְרָא בּוֹ נְקֻבִּים וְנְקֻבִּים חֲלוּלִים חֲלוּלִים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, asher yatzar et ha'adam

b'hokhmah, uvara vo n'kavim n'kavim, halulim halulim.

(Blessed are You, Being, our Divinity, Sovereign of the Universe, who forms us with Wisdom, and creates within us many openings and passages.)

Kahal:

אמן – Amein

ג

GIMEL

Hazzan:

Complete and Whole, Field of Spaciousness!

גָּדוֹל יי וּמְהֻלָּל מְאֹד וְלִגְדֻלָּתוֹ אֵין חֵקֶר:

Gadol Adonai um'hulal me'od v'lig'dulato ayn heker

*(Great is the Divine and exceedingly praised;
Its Greatness is beyond comprehension!)*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁלֹא עָשִׂינִי עֶבֶד

Barukh Atah Adonai, Eloheinu Melekh HaOlam, shelo asani aved!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe, who does
not make me a slave!)*

Kahal:

אמן – Amein

BINAH

(Sefirah of fiery yellow and green light in left skull)

Hazzan:

May our thoughts be wise and discerning!

ארבע – Arba!

(Four)

Kahal:

אש ממים – **Aysh MeMayim**

(Fire from Water)

Hazzan:

ושכינתה

U'Shekhintei

(And the Divine Presence)

ברוך אתה יי אלהינו מלך העולם
אשר נתן לשכוי בינה להבחין בין יום ובין לילה

Barukh Atah Adonai, Eloheinu Melekh HaOlam,
Asher natan lasekhvi **Vinah**, l'havkhin bein yom uvein Lailah!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe,
Who gives the heart understanding to distinguish between day and night!)*

Kahal:

אמן – **Amein**

ד

DALET

Hazzan:

May we recognize that all we have and all we are is Your Grace!

דֹּר לְדֹר יְשַׁבַּח מַעֲשֵׂיךָ וּגְבוּרֹתֶיךָ יִגִּידוּ

Dor l'dor y'shabakh ma'asekha, ug'vurotekha yagidu!

(From generation to generation your works are praised, and your mighty acts are proclaimed!)

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁעָשָׂה לִי כָּל-צָרָכִי

Barukh Atah Adonai, Eloheinu Melekh HaOlam, she'asa li kol tzorki!

(Blessed are You, Being, our Divinity, Sovereign of the Universe, who provides for all my needs!)

Kahal:

אמן – Amein

DA'AT

(Bring palms together in front of mouth)

Hazzan:

May this awareness express itself on all levels of my being!

כַּכְּתוּב בְּתוֹרָתוֹ – Kaktuv b'Torato...

(As it is written in Torah...)

הֲרִינִי מִקַּבֵּל עָלַי מִצְוֹת עֲשֵׂה נֶשֶׁל

Hareini m'kabel alai mitzvot aseh shel...

(Behold, I accept upon myself the mitzvah to practice...)

Kahal:

וַיַּדְעָתָ הַיּוֹם – V'yadata HaYom (4x)

(“Know today” – You shall be present!)

בְּדַחֲלִי וּרְחִימוּ לְיַחַד שֵׁם י"ה בּו"ה בְּיַחְוּדָא שְׁלִים בְּשֵׁם כָּל יִשְׂרָאֵל

**Bidkhilu urkhimu l'yakhed Shem: Yod Hei, b'vav Hei,
B'yikhuda sh'lim, b'shem kol Yisrael!**

(In awe and love, to unify the Name,

Yod-Hei with the Vav-Hei, in perfect unity, in the name of all Israel!)

HESED

(Sefirah of sky blue flecked with silver light at right shoulder)

Hazzan:

Awaken within us Your Loving Kindness!

המש Hameish

(Five)

Kahal:

Ya – Ha – Wa

(Divine Name letter permutation)

Hazzan:

וְהִשְׁבֹּתָ אֶל לְבָבְךָ

V'hashivota El L'vavekha

(“Return to your heart” – Bring right hand to heart)

הֲרִינִי מִקְבֵּל עָלַי מִצְוֹת עֲשֵׂה שָׁל

Hareini m'kabel alai mitzvot aseh shel...

(Behold, I accept upon myself the mitzvah to practice...)

Kahal:

וְאַהַבְתָּ לְרֵעֶךָ כָּמוֹךָ – **Ve’ahavta l’reiakha kamokha!**

(Love your neighbor as yourself)

Hazzan:

אֱלֹהֵי, נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא אַתָּה בְּרֵאתָה אַתָּה יִצְרַתָּה אַתָּה נִפְחַתָּה בִּי
וְאַתָּה מִשְׁמְרָה בְּקִרְבִּי וְאַתָּה עֹתִיד לְטֹלָה מִמֶּנִּי וְלְהַחְזִירָה בִּי לְעֹתִיד לָבֵא

Elohai neshamah shenatata bi, tehorah hi. Atah v'ratah, Atah y'tzartah, Atah
n'fakhtah bi, v'Atah m'shamrah b'kirbi; v'Atah atid litlah mimeini,
ul'hakhazirah bi le'atid lavo.

*(My God, the soul you place within me, she is pure! You created it, You
formed it, You breath it into me, You guard it within me, and You will
eventually take it from me, and return it to me in time to come.)*

ה

HEI

(Visualize Hei in your chest)

Hazzan:

May the words of our mouths and the expressions of our hearts serve You!

גִּדְרַת כְּבוֹד הַוָּדָה וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה
Hadar k'vod hodekha v'divrei niflotekha asikha

*(The splendidous glory of Your power
and Your wonderous deeds I shall discuss!)*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשִׂנִי כִרְצוֹנִי
Barukh Atah Adonai, Eloheinu Melekh HaOlam, she'asani kirtzono!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe, who made
me as the You Desire!)*

Kahal:

אמן – Amein

GEVURAH

(Sefirah of red flecked with gold light at left shoulder)

Hazzan:

Awaken within us inner strength to transcend all desire!

שש Sheish

(Six)

Kahal:

Ya – Wa – Ha

Hazzan:

כִּי יי הוּא הָאֱלֹהִים

Ki Hashem Hu HaElohim!

(For Existence Itself is the [Embodied] Divine)

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה

Barukh Atah Adonai, Eloheinu Melekh HaOlam, ozer Yisrael biGevurah!

(Blessed are You, Being, our Divinity, Sovereign of the Universe, who girds Israel with Might!)

Kahal:

אמן – Amein

ו

VAV

(Visualize Vav as your spine)

Hazzan:

Awaken within us inner strength to embrace all that arises
And not be caught by reactivity!

וְעֲזוּז נֹרֹתֶיךָ יֹאמְרוּ וּגְדוּלַתְּךָ אֶסְפְּרָנָה

Ve'ezuz norotekha yomeiru, ug'dulat'kha asap'reina

*(And of Your awesome power they will speak,
and of your greatness I shall relate!)*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנּוֹתֵן לַיָּעִף כֹּחַ

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Ha Notein l'ya'eif ko'akh!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe, who gives
Strength to the weary!)*

Kahal:

אמן – Amein

NETZAKH

(Sefirah of pink light at right hip)

Hazzan:

May we practice constantly!

שבע Sheva
(Seven)

Kahal:

Ha – Ya – Wa

ז

ZAYIN

Hazzan:

Cutting through all distractions!

זְכוֹר רַב־טוֹבָה יִבְיְעוּ וְצִדְקָתְךָ יִרְגְּנוּ

Zekher rav tuv'kha yabiyu, v'tzid'kat'kha y'raneinu

*(A remembrance of Your abundant goodness they will utter,
And of Your fairness they will sing!)*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Matir Asurim!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe, who frees
the bound!)*

Kahal:

אמן – Amein

(Returning attention to the sefirah of Netzakh)

בְּשָׁמַיִם מִמַּעַל
BaShamayim MiMa'al
(In the Heavens Above)

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְכִיֵן מִצְעָדֵי גְבֻרָה

Barukh Atah Adonai, Eloheinu Melekh HaOlam,
HaMeikhin mitz'adei gaver!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe, who firms
our footsteps!)*

Kahal:

אָמֵן – Amein

HOD

(Sefirah of dark pink light at left hip)

Hazzan:

In Humility and Gratitude!

שְׁמוֹנֵי Sh'monei

(Eight)

Kahal:

Ha – Wa — Ya

ח

HET

Hazzan:

Staying with this moment as it is – neither attempting to change it nor fleeing from it!

חַנּוּן וְרַחֲמוֹם יְהוָה אֵרֶךְ אַפַּיִם וְגִדְל־לִּהְסֹד

Hanun v'rakhum Adonai, erekh apayim ugedal hased!

(Gracious and compassionate is the Divine,

Slow to anger and abundant in loving kindness!)

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זֹקֵף כְּפוּפִים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Zokef k'fufim!

(Blessed are You, our Divinity, Who straightens the bent!)

Kahal:

אמן – Amein

(Returning attention to the sefirah of Hod)

Hazzan:

וְעַל הָאָרֶץ מִתַּחַת אֵין עוֹד

V'al Ha'Aretz MiTakhat (And Upon the Earth Below)

Kahal:

Ayn Od!

(There is Nothing Else)

Hazzan:

כָּל זְמַן שֶׁהַנְּשָׁמָה בְּקִרְבִי מוֹדֶה אֲנִי לְפָנֶיךָ יי אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי רַבּוֹן כָּל הַמַּעֲשִׂים

אֲדוֹן כָּל הַנְּשָׁמוֹת: בָּרוּךְ אַתָּה יי הַמַּחְזִיר נְשָׁמוֹת לְפָגְרִים מֵתִים

Kol z'man sheha'neshamah v'kirbi, modeh ani l'fanekha, Adonai Elohai

Veilohei Avotai, Ribon kol hama'asim, Adon kol haneshamot.

Barukh Atah Adonai, HaMakhazir neshamot lifgarim meitim!

(So long as the soul is within me I give thanks to You, Hashem my God and God of my ancestors, Lord of all creatures, Master of all souls. Blessed are You, Hashem, Who restores life to the lifeless!)

Kahal:

אמן – Amein

TIFERET and YESOD

(Sefirot of sun-yellow and violet in heart and orange light in lower belly)

Hazzan:

May we live in balance, may we serve You in joy!

תשע Teisha

(Nine)

Kahal:

Wa – Ya – Ha

ט

TET

Hazzan:

Sensing Your hidden Goodness!

טוב-יְהוָה לְכֹל יְרַחֲמֵנוּ עַל-כָּל-מַעֲשָׂיו

Tov Adonai Lakol, v'rakhamav al kol ma'asav

(The Divine is good to all, Divine Compassion is upon all creation!)

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מְלִבִּישׁ עֲרֻמִּים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, malbish arumim!
(Blessed are You, Being, our Divinity, Sovereign of the Universe, who clothes the naked!)

Kahal:

אמן – Amein

(Bringing attention to Tiferet)

עַל כֵּן נִקְוָה לָךְ יי אֱלֹהֵינוּ לְרֵאוֹת מְהֵרָה בְּתִפְאֶרֶת עֲזָךְ

Al kein n'kaveh L'kha Adonai Eloheinu lir'ot m'heirah b'Tiferet uzekha~
*(Therefore, we put our hope in You, Hashem, our Divinity, to see speedily
the Radiance [Tiferet] of Your strength!)*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם פּוֹקֵחַ עֵוְרִים

Barukh Atah Adonai, Eloheinu Melekh HaOlam, pokei'akh ivrim!
*(Blessed are You, Being, our Divinity, Sovereign of the Universe, who gives
sight to the blind!)*

Kahal:

אמן – Amein

(Bringing attention to Yesod)

Hazzan:

לְתַקֵּן עוֹלָם

L'Takein Olam

(To Fix/Heal the World)

גָּלוּי וְיָדוּעַ לִפְנֵי כִסֵּא כְבוֹדְךָ שְׂאֵם יִפְתַּח אֶחָד מֵהֶם אוֹ יִסְתֵּם אֶחָד מֵהֶם אֵי אֶפְשָׁר
לְהִתְקַיֵּם וְלַעֲמֹד לִפְנֵיךְ. בְּרוּךְ אַתָּה יי רוֹפֵא כָּל בֶּשָׂר וּמִפְּלִיא לַעֲשׂוֹת
Galui v'yadu'a lifnei khisei kh'vodekha, she'im yipatei'akh ekhad meihem,
o yisatem ekhad meihem, ee efshar l'hit'kayem v'la'amod l'fanekha. Barukh
Atah Adonai, rofei khol basar umafli la'asot!

*(It is revealed and known in the Presence of Your glorious throne that if one
of [my organs] were ruptured, or if one of them were blocked, it would be
impossible to exist and stand in Your Presence. Blessed are You, Hashem,
Who heals all flesh and performs wonders!)*

Kahal:

אמן – Amein

MALKHUT
(Sefirah of blue/earth colors at feet again)

Hazzan:

עֶשֶׂר Eser
(Ten)

Kahal:
Wa – Ha – Ya

י

YOD
(Visualize Yod as your head, bring hands to face)

Hazzan:

In Pure, Simple Awareness!

יְדוּכָהּ אֲדוֹנָי כּוֹל מַ'אֲסַחָה, וְחַסִּידֶיךָ יִבְרַכְּךָ
Yodukha Adonai Kol Ma'asekha, V'Hasidekha Yivarkhukha
(All Your creations will thank you, and Your devout ones will bless You!)

הֲרִינִי מִקַּבֵּל עָלַי מִצְוֹת עֲשֵׂה נֶפֶשׁ
Hareini m'kabel alai mitzvot aseh shel...
(Behold, I accept upon myself the mitzvah to practice...)

Kahal:

– תָּמִים תְּהִיָּה עִם יְהוָה אֱלֹהֶיךָ
Tamim tihyeh im Adonai Elohekha!
*(Simple you shall be with All Being, your Divinity
Accept What Happens with simplicity!)*

Hazzan:

מִי־יָגוּר בְּאֹהֶלְךָ מִי־יִשְׁכּוֹן בְּהַר קֹדְשֶׁךָ

Mi yagur b'ohalekha? Mi yishkon b'har kodshekha?

(Who can sojourn in Your tent? Who may dwell on Your holy mountain?)

Kahal:

הוֹלֵךְ תָּמִים

Holekh Tamim!

(One who walks in simplicity)

(Bringing attention to Malkhut at mouth – palms together to mouth)

Hazzan:

בְּמַלְכוּת שְׁדַי

B'Malkhut Shadai

(In The Kingdom of the Breasted God)

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת־תּוֹרָתוֹ:
בְּרוּךְ אַתָּה יי נוֹתֵן הַתּוֹרָה

Barukh Atah Adonai, Eloheinu Melekh HaOlam, asher bakhar banu mikol
ha'amim, v'natan lanu et Torato, Barukh Atah Adonai, Notein HaTorah!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe,
who chooses us from among all the peoples and gives us Torah.*

Blessed are You, HaShem, Giver of Torah!)

Kahal:

אָמֵן – Amein

Hazzan:

יְבָרֶכְךָ יי וְיִשְׁמְרֶךָ:

Yivarekhekha Adonai v'yishm'rekha!

(May the Divine bless you and guard you!)

Kahal:

אמן – Amein

Hazzan:

יָאֵר יי פְּנֵי אֱלֹהֵי ויחַיֶּנּוּ:

Ya'er Adonai Panav eilekha vikhuneka!

(May the Divine shine the Presence upon you and be gracious to you!)

Kahal:

אמן – Amein

Hazzan:

יָשֵׂא יי פְּנֵי אֱלֹהֵי וְיָשֶׂם לָךְ שְׁלוֹם

Yisa Adonai Panav eilekha v'yasem l'kha Shalom!

(May the Divine turn the Presence toward you and give you peace!)

Kahal:

אמן – Amein

Sh'ma and Body of Light in Six Directions

כ

(Inhale, filling body with light, exhale and project light upward, chanting)

Kahal:

Sh'ma שְׁמַע
(Listen)

Hazzan:

Fearlessly choosing Presence!

כְּבוֹד מַלְכוּתְךָ יֵאָמְרוּ וְגִבּוֹרֹתֶיךָ יִדְבְּרוּ

K'vod Malkhutekha Yomeiru Ugevurat'kha Y'dabeiru

(Of the glory of Your kingdom they will speak, of Your power they will tell!)

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרָה

Barukh Atah Adonai, Eloheinu Melekh HaOlam, Oter Yisrael b'Tifarah!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe, crowns
Israel with Radiant Splendor!)*

Kahal:

אָמֵן – Amein



(Inhale light into body, exhale and project light downward, chanting)

Kahal:

Yisrael יִשְׂרָאֵל
(Striving for the Divine)

Hazzan:

May we receive Your Teaching in every moment!

לְהוֹדִיעַ | לְבְנֵי הָאָדָם גְּבוּרָתְךָ וְכְבוֹד הַדָּר מְלְכוּתְךָ
L'hodia Liv'nei Adam Gevurotav Ukh'vod Hadar Malkhuto
*(To make Its Power known to the children of Adam
and the glorious majesty of Its Kingdom!)*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְצִוֵּנוּ לַעֲסֹק בְּדִבְרֵי תוֹרָה

Barukh Atah Adonai, Eloheinu Melekh HaOlam, asher kid'shanu
b'mitzvotav vitzivanu, la'asok b'divrei Torah!

(Blessed are You, Being, our Divinity, Sovereign of the Universe, Who sanctifies us with mitzvot and gives us the practice of learning Torah!)

Kahal:

אמן – Amein

מ

(Inhale light into body, exhale and project light forward, chanting)

Kahal:

YAdonai יי

(Existence, Divine, My Lord)

Hazzan:

May we rest deeply, purified through our merging with present Reality!

מְלֻכּוּתְךָ מְלֻכּוּת כָּל־עֲלָמִים וּמְשֻׁלְתְּךָ בְּכָל־דּוֹר וָדוֹר
Malkhut'kha Malkhut Kol Olamim, Umemshlt'kha b'khol Dor Vador
*(Your Kingdom is a Kingdom of all worlds,
and Your dominion is from generation to generation!)*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצָנְנוּ עַל נְטִילַת יָדַיִם

Barukh Atah Adonai, Eloheinu Melekh HaOlam, asher kid'shanu
b'mitzvotav vitzivanu, al netilat yadayim!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe, Who
sanctifies us with mitzvot and gives us the practice washing hands!)*

Kahal:

אמן – Amein

ס

(Inhale light into body, exhale and project light backward, chanting)

Kahal:

אֱלֹהֵינוּ *Eloheinu*
(Our Divinity)

Hazzan:

May we remember that we are constantly supported by You on all levels!

סוּמְךָ יי לְכֹל־הַנִּפְלְגִים וְזוֹקֵף לְכֹל־הַכְּפוּפִים

Somekh Adonai l'khol hanoflim v'zokeif l'khol hak'fufim

(The Divine supports all who have fallen, and straightens all the bent!)

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם

Barukh Atah Adonai, Eloheinu Melekh HaOlam, roka ha'aretz al hamayim!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe,
Who spreads out the earth upon the waters!)*

Kahal:

אָמֵן – Amein

ע

(Inhale light into body, exhale and project light to the right, chanting)

Kahal:

YAdonai יי

(Existence, Divine, My Lord)

Hazzan:

May we seek You constantly wherever we find ourselves!

עֵינֵי־כָּל אֱלֹהִים יִשְׁבְּרוּ וְאַתָּה נוֹתֵן־לָהֶם אֶת־אֲכָלָם בְּעֵתוֹ

Einei khol eilekha y'sabeiru, v'Atah notein lahem et akhlam b'ito

*(The eyes of all are on you with hope,
and you give them their food in its time)*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמַּעֲבִיר שְׁנָה מֵעֵינַי וְתַנּוּמָה מֵעַפְעָפַי

Barukh Atah Adonai, Eloheinu Melekh HaOlam,
HaMa'avir sheina me'eynay ut'numah me'afapai!

*(Blessed are You, Being, our Divinity, Sovereign of the Universe,
Who removes sleep from my eyes and slumber from my eyelids!)*

Kahal:

אמן – Amein

פ

(Inhale light into body, exhale and project light to the left, chanting)

Kahal:

Ekhad אָחַד (One)

Hazzan:

May we taste the Sweetness of Your Teaching!

פּוֹתַח אֶת יָדְךָ וּמְשַׁבֵּיעַ לְכֹל חַי רָצוֹן

Poteiakh et yadekha umaspiach l'khol khai ratzon!

(You open Your Hand and satisfy the desires of all life!)

Kahal:

וְהָעֶרְב נָא יי אֱלֹהֵינוּ אֶת דְּבָרֵי תוֹרָתְךָ

בְּפִינוּ וּבְפִי עַמֶּךָ בֵּית יִשְׂרָאֵל כְּלָנוּ יוֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי תוֹרָתְךָ לְשִׁמְחָה:

V'ha'arev Na! V'ha'arev Na!

Adonai Eloheinu et Divrei Torat'kha!

B'finu ufi amkha Beit Yisrael

Kulanu yodei Sh'mekha v'lomdei Toratekha lishmah!

(Sweeten, please, the words of your Torah in our mouths and the mouths of Your people Israel, May we all know Your Name and learn Torah for Its own sake!)

Hazzan:

וְנִהְיֶה אֲנַחְנוּ וְצִאֲצֵאֵינוּ וְצִאֲצֵאֵינוּ עַמֶּךָ בֵּית יִשְׂרָאֵל כְּלָנוּ יוֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי תוֹרָתְךָ

לְשִׁמְחָה: בָּרוּךְ אַתָּה יי הַמְּלַמֵּד תוֹרָה לְעַמּוֹ יִשְׂרָאֵל

V'nihyeh anakhnu v'tze'etza'einu, v'tze'etza'ei amkha beit Yisrael,

kulanu yodei Sh'mekha v'lomdei Toratekha lishmah!

Barukh Atah Adonai, HaM'lamed Torah l'amo Yisrael!

(May we and our descendants, and the descendants of Your people Israel, all of us know Your Name and learn Torah for Its own sake! Blessed are You, Being, our Divinity, Who teaches Torah to the people Israel!)

Kahal:

אָמֵן – Amein

צ

(Receive Light from the left, chanting)

Kahal:

Barukh בָּרוּךְ

(Blessed)

Hazzan:

Open us to trust You and live for You completely!

צַדִּיק יי בְּכָל־דְּרָכָיו וְחַסִּיד בְּכָל־מַעֲשָׂיו

Tzadik Adonai b'khol d'rakhav v'hasid b'khol ma'asav!

(The Divine is just in all Its paths and loving in all Its action!)

וַיְהִי רָצוֹן מִלְּפָנֶיךָ יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁתַּרְגִּילֵנוּ בְּתוֹרַתְךָ וְדַבְּרֵנוּ בְּמִצְוֹתֶיךָ, וְאַל תְּבִיאֵנוּ
לֹא לַיְדֵי חַטָּא וְלֹא לַיְדֵי עֲבָרָה וְעוֹן וְלֹא לַיְדֵי גְסוּיוֹן וְלֹא לַיְדֵי בְזִיוֹן וְאַל יִשְׁלַט בָּנוּ יֵצֵר הָרָע
וְהִרְחִיקֵנוּ מֵאָדָם רָע וּמִחֲבֵר רָע וְדַבְּרֵנוּ בְּיֵצֵר הַטּוֹב וּבְמַעֲשֵׂים טוֹבִים וְכוּף אֶת־יִצְרָנוּ
לְהִשְׁתַּעֲבֹד־לְךָ

Y'hi ratzon milfanekha, Adonai Eloheinu Velohei Avotainu, shetargileinu
b'Toratekha, v'dab'keinu b'Mitzvotekha, v'al t'vi'einu lo lidei het, v'lo lidei
averah v'avon, v'lo lidei nisayon, v'lo lidei vizayon, v'al yishlot banu yetzer
hara, v'harhikeinu me'adam ra ume'haver ra, v'dab'keinu b'yetzer hatov
uv'ma'asim tovim, v'khof et yitzreinu l'hishtabed lakh!

*(And may it be Your Will, Hashem, our God and God of our ancestors, that
You accustom us to Your Torah, and attach us to Your mitzvot. Do not bring
us into the power of error, to commit harmful actions unknowingly, nor into
the grasp of transgression or injustice, nor to commit harmful actions
intentionally, nor into the power of scorn. Let us not be ruled by reactivity.*

Distance us from an evil person and an evil companion.

*Attach us to the positive motivation, and to good deeds, and compel our
desires to be for You!*

Kahal:

אמן – Amein

ק

(Receive Light from the right, chanting)

Kahal:

Shem שֵׁם

([is the] Name)

Hazzan:

May we receive the Grace of Your Presence in the ordinary flow of life!

קָרוֹב יי לְכֹל־קוֹרְאָיו לְכֹל אֲשֶׁר יִקְרָאֶהוּ בְּאֵמֶת

Karov Hashem l'khol korav l'khol asher yikra'uhu ve'emet!

(The Divine is close to all who call upon It, to all who call out in Truth!)

וּתְנֵנּוּ הַיּוֹם וּבְכָל־יּוֹם לְחַן וּלְחַסֵּד וּלְרַחֲמִים בְּעֵינֶיךָ וּבְעֵינֵי כָל־רוֹאֵינוּ וְתִגְמְלֵנוּ חַסְדִּים טוֹבִים:
בְּרוּךְ אַתָּה יי גּוֹמֵל חַסְדִּים טוֹבִים לְעַמּוֹ יִשְׂרָאֵל

Ut'neinu hayom uv'khol yom l'hen ul'hesed ul'rahamim b'einekha, uv'einei
khol ro'einu v'tig'm'leinu hasadim tovim.

Barukh Atah Adonai, gomel hasadim tovim l'amo Yisrael!

(Grant us this day and every day Grace, Kindness and Compassion in Your eyes and in the eyes of all who see us, and bestow bountiful kindness upon us, Blessed are You, Hashem, for You bestow bountiful kindness upon Your people Israel!)

Kahal:

אמן – Amein

ך

(Receive Light from behind, chanting)

Kahal:

K'vod כבוד
([of the] Glorious)

Hazzan:

May we recognize the Mystery that transcends all understanding!

רְצוֹן-יְרָאִיו יַעֲשֶׂה וְאֶת-שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם
R'tzon y'reiav ya'aseh v'et shavatam yishma v'yoshieim
*(The Divine fulfills the desires of those with awe;
The Divine hears their cries and saves them!)*

Kahal:

רֵאשִׁית חֵכְמָה יִרְאַת יי, שֶׁכֵּל טוֹב לְכָל-עוֹשֵׂיהֶם, תְּהִלָּתוֹ עוֹמֶדֶת לְעַד:
בְּרוּךְ שֵׁם כְּבוֹד

**Reisheet Hokhmah Yirat Hashem
Sekhel Tov L'khol Oseihem
Tehilato Omedet La'ad
Barukh Shem K'vod**

*(The beginning of Wisdom is Awe of the Divine – good intelligence to all
who practice – It's Praise endures forever – Blessed is the Radiant Name!)*

ו

(Receive Light from in front, chanting)

Kahal:

Malkhuto מלכותו
(Kingdom)

Hazzan:

May we be watchful to answer Your call, and may You be watchful over us!

שומר יי את-כל-אהביו ואת כל-הרשעים ישמיד

Shomer Adonai et kol ohavav v'et kol har'shayim yashmid.

(The Divine guards all who love the Divine, and those who hate will be destroyed.)

יהי רצון מלפניך יי אלהי ואלהי אבותי שתצילני היום ובכל-יום מעזי פנים ומעזות פנים מאדם
רע ומחבר רע ומשכן רע ומפגע רע ומשטן המשחית מדין קשה ומבעל דין קשה, בין שהוא בן
ברית ובין שאינו בן ברית:

Y'hi Ratzon milfanekha, Adonai Elohai Velohei avotai, shetatzileini hayom
uv'khol yom me'azei fanim ume'azut panim, me'adam ra, ume'haver ra,
umishokhein ra, umipega ra, umiSatan hamashkhit, midin kasheh umi ba'al
din kasheh, bein shehu ven Brit, uvein she'eino ven Brit.

(May it be Your will, Hasem, my God and God of my ancestors, to rescue me today and every day from arrogant people and from arrogance; from an evil person, from an evil companion, from an evil neighbor; from an evil mishap and from destructive barriers; from a harsh trial and a harsh opponent, whether in the community or not in the community.)

Kahal:

אמן – Amein

ת

Hazzan:

Grant us genuine sincerity and may we live in the truth of our hearts!

תְּהִלַּת יי יִדְבָּר־פִּי וַיְבָרֵךְ כָּל־בְּשָׂר יֵשֶׁם קִדְשׁוֹ
Tehilat Adonai yidaber pi, vivarekh kol basar Shem Kodsho

*(Praise of the Divine my mouth will declare,
and may all creatures will bless the Holy Name!)*

(Receive Light from in below, chanting)

Kahal:

Le'Olam לעולם
(Unto Eternity!)

Hazzan:

יְהֵא אָדָם יֵרָא שָׁמַיִם בְּסֵתֶר וּבְגִלּוּי וּמוֹדֵה עַל־הָאֱמֶת וְדוֹבֵר אֱמֶת בְּלִבּוֹ וַיִּשְׁכֵּם וַיֹּאמֶר

Y'hei adam y'rei shamayim b'seter ivagalui umodeh al ha'emet v'dover
emet bilvavo v'yashkem v'yomar...

*(A person should always be in awe of the Divine, privately as well as openly,
speak truth from the heart, and rise early and say...)*

(Receive Light from in above, chanting...)

VaEd וְעַד
(Forever!)

ב

Hazzan:

We recognize that all comes from You, and to You all shall return!

Kahal:

וְאַנְחֵנוּ נְבָרְךָ יְיָ מֵעַתָּה וְעַד-עוֹלָם הַלְלוּ-יְיָ

**Va'anakhnu N'varekh Yah
Me'ata v'ad olam, Hallelu Yah!**

(We will bless the Divine from now unto Eternity!)